

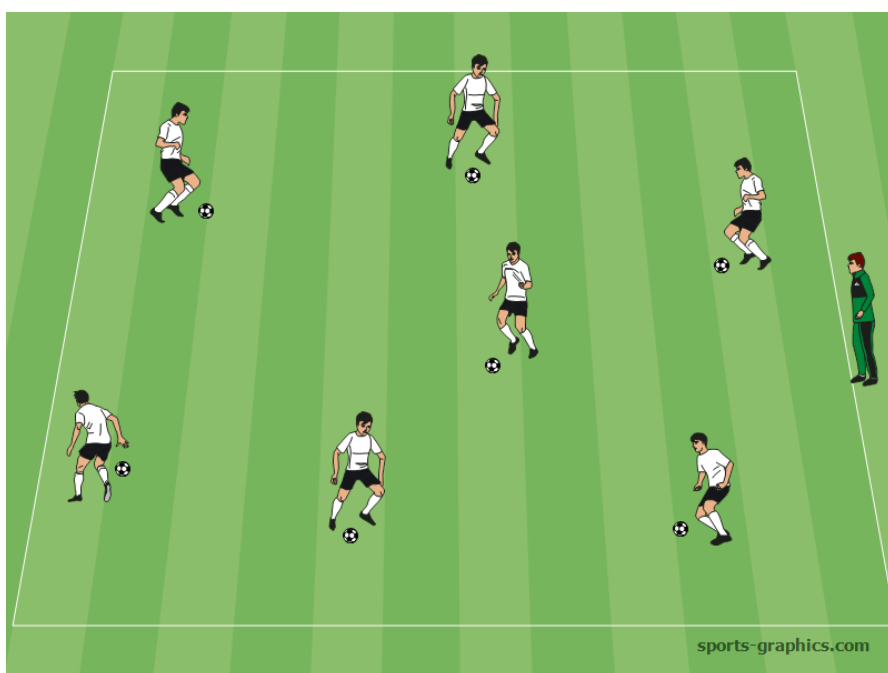
PULL BACK TURN TECHNIQUE

Develop a specific turn through a number of skill acquisition stages

TECHNICAL

Turning

Turning Techniques



Set up a 20x20 practice area ensuring each player has adequate work space and a ball. Players push the ball forward with the right foot and pull back with the sole of the left foot while making a quarter turn (45 degrees left) taking the ball in the new direction with the inside of the left foot. This should also be practiced using the left foot to push the ball forward and the right foot to pull the ball back, thus turning the opposite direction.

Follow the skill acquisition stages dependent on the player's progress.

- Stage 1 - Develop the skill with a stationary ball systematically producing step by step moves.
- Stage 2 - Progress with players increasing the speed of touch.
- Stage 3 - Combine other ball manipulation

moves to challenge further. Try giving a range of different techniques learned, with players changing on command or combine two moves in one to increase the difficulty/complexity.

- Stage 4 - Develop the move to a more game related activity to improve decision making on the correct timing and use of the skill.
- Stage 5 - Repeat the skill acquisition process (Stages 1-4) encouraging players to use their less dominant foot.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Develop good decision making.
- How to protect the ball to keep possession.
- Improve spatial awareness.
- Technical mastery.
- To refine the specific technique through five skill acquisition stages.

KEY FACTORS

- Accelerate away
- Close control
- Disguise
- Head up (quick look behind to be aware of the space, opponent and teammate)
- Knees bent
- Positive attitude
- Technique - quality of turn

FOCUS AREAS

- Ability to reverse or change direction quickly if confronted by an opponent.
- Close control of the ball.
- Demonstrate the purpose and why the particular move is useful in a game situation. (Correct technique for the right situation).
- Emphasise the reasons for turning (creating space to exploit an attacking opportunity or simply to protect the ball by shielding).
- Encourage good technique and positive attitude.
- Fluency is achieved by practice.
- Mastering different techniques should be done as regular separate technical practices to allow players to fully develop the moves.
- To gradually increase the fluency and speed of the move.
- To improve a specific move use the technical skill acquisition stages throughout the practice to ensure progressive learning.

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